

# AAU

## Utah State Powerlifting Records

### as of 5/15/2008

| Women's Weight Class | Open Name              | SQUAT Kilos | SQUAT lbs. | Date      | Open Name              | Bench Kilos | Press lbs. | Date      | Open Name              | Dead Kilos | Lift lbs. | Date      | Open Name              | Combined Kilos | Total lbs. | Date      |
|----------------------|------------------------|-------------|------------|-----------|------------------------|-------------|------------|-----------|------------------------|------------|-----------|-----------|------------------------|----------------|------------|-----------|
| 44 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 48 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 52 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 56 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 60 kgs.              | Leslie Hofheins        | 130         | 286.60     | 9/15/2007 | Leslie Hofheins        | 77.5        | 170.86     | 9/15/2007 | Leslie Hofheins        | 147.5      | 325.18    | 9/15/2007 | Leslie Hofheins        | 355            | 782.63     | 9/15/2007 |
| 67.5 kgs.            | Christy Danielson      | 87.5        | 192.90     | 9/15/2007 | Christy Danielson      | 57.5        | 126.76     | 9/15/2007 | Christy Danielson      | 127.5      | 281.09    | 9/15/2007 | Christy Danielson      | 272.5          | 600.75     | 9/15/2007 |
| 75 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 82.5 kgs.            |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90+ kgs.             |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| Women's Weight Class | Name                   | SQUAT Kilos | SQUAT lbs. | Date      | Name                   | Bench Kilos | Press lbs. | Date      | Name                   | Dead Kilos | Lift lbs. | Date      | Name                   | Combined Kilos | Total lbs. | Date      |
| <u>Women</u>         | <u>Lifetime</u>        |             |            |           | <u>Lifetime</u>        |             |            |           | <u>Lifetime</u>        |            |           |           | <u>Lifetime</u>        |                |            |           |
| 44 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 48 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 52 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 56 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 60 kgs.              | Leslie Hofheins        | 130         | 286.60     | 9/15/2007 | Leslie Hofheins        | 77.5        | 170.86     | 9/15/2007 | Leslie Hofheins        | 147.5      | 325.18    | 9/15/2007 | Leslie Hofheins        | 355            | 782.63     | 9/15/2007 |
| 67.5 kgs.            | Christy Danielson      | 87.5        | 192.90     | 9/15/2007 | Christy Danielson      | 57.5        | 126.76     | 9/15/2007 | Christy Danielson      | 127.5      | 281.09    | 9/15/2007 | Christy Danielson      | 272.5          | 600.75     | 9/15/2007 |
| 75 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 82.5 kgs.            |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90+ kgs.             |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| Weight Class         | Name                   | SQUAT Kilos | SQUAT lbs. | Date      | Name                   | Bench Kilos | Press lbs. | Date      | Name                   | Dead Kilos | Lift lbs. | Date      | Name                   | Combined Kilos | Total lbs. | Date      |
| <u>Women</u>         | <u>Open Law / Fire</u> |             |            |           | <u>Open Law / Fire</u> |             |            |           | <u>Open Law / Fire</u> |            |           |           | <u>Open Law / Fire</u> |                |            |           |
| 44 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 48 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 52 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 56 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 60 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 67.5 kgs.            |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 75 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 82.5 kgs.            |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90+ kgs.             |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| Weight Class         | Name                   | SQUAT Kilos | SQUAT lbs. | Date      | Name                   | Bench Kilos | Press lbs. | Date      | Name                   | Dead Kilos | Lift lbs. | Date      | Name                   | Combined Kilos | Total lbs. | Date      |
| <u>Women</u>         | <u>Open Military</u>   |             |            |           | <u>Open Military</u>   |             |            |           | <u>Open Military</u>   |            |           |           | <u>Open Military</u>   |                |            |           |
| 44 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 48 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 52 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 56 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 60 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 67.5 kgs.            |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 75 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 82.5 kgs.            |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90 kgs.              |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| 90+ kgs.             |                        |             |            |           |                        |             |            |           |                        |            |           |           |                        |                |            |           |
| Weight Class         | Name                   | SQUAT Kilos | SQUAT lbs. | Date      | Name                   | Bench Kilos | Press lbs. | Date      | Name                   | Dead Kilos | Lift lbs. | Date      | Name                   | Combined Kilos | Total lbs. | Date      |



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| 44 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
|------------------------------|-------------------|-------------|------------|-----------|-------------------|-------------|------------|-----------|-------------------|------------|-----------|-----------|-------------------|----------------|------------|-----------|
| 48 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 52 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 56 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 60 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 67.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 75 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 82.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90+ kgs.                     |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| Weight Class                 | Name              | SQUAT Kilos | SQUAT lbs. | Date      | Name              | Bench Kilos | Press lbs. | Date      | Name              | Dead Kilos | Lift lbs. | Date      | Name              | Combined Kilos | Total lbs. | Date      |
| <u>Junior Women (20-23)</u>  | <u>Open</u>       |             |            |           | <u>Open</u>       |             |            |           | <u>Open</u>       |            |           |           | <u>Open</u>       |                |            |           |
| 44 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 48 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 52 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 56 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 60 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 67.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 75 kgs.                      | Yasaman Alimadadl | 55.0        | 121.25     | 9/17/2005 | Yasaman Alimadadl | 32.5        | 71.65      | 9/17/2005 | Yasaman Alimadadl | 97.5       | 214.95    | 9/17/2005 | Yasaman Alimadadl | 185.0          | 407.85     | 9/17/2005 |
| 82.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90+ kgs.                     |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| Weight Class                 | Name              | SQUAT Kilos | SQUAT lbs. | Date      | Name              | Bench Kilos | Press lbs. | Date      | Name              | Dead Kilos | Lift lbs. | Date      | Name              | Combined Kilos | Total lbs. | Date      |
| <u>Junior Women (20-23)</u>  | <u>Law / Fire</u> |             |            |           | <u>Law / Fire</u> |             |            |           | <u>Law / Fire</u> |            |           |           | <u>Law / Fire</u> |                |            |           |
| 44 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 48 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 52 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 56 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 60 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 67.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 75 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 82.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90+ kgs.                     |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| Weight Class                 | Name              | SQUAT Kilos | SQUAT lbs. | Date      | Name              | Bench Kilos | Press lbs. | Date      | Name              | Dead Kilos | Lift lbs. | Date      | Name              | Combined Kilos | Total lbs. | Date      |
| <u>Submstr Women (35-39)</u> | <u>Open</u>       |             |            |           | <u>Open</u>       |             |            |           | <u>Open</u>       |            |           |           | <u>Open</u>       |                |            |           |
| 44 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 48 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 52 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 56 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 60 kgs.                      | Leslie Hofheins   | 130         | 286.60     | 9/15/2007 | Leslie Hofheins   | 77.5        | 170.86     | 9/15/2007 | Leslie Hofheins   | 147.5      | 325.18    | 9/15/2007 | Leslie Hofheins   | 355            | 782.63     | 9/15/2007 |
| 67.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 75 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 82.5 kgs.                    |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90 kgs.                      |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| 90+ kgs.                     |                   |             |            |           |                   |             |            |           |                   |            |           |           |                   |                |            |           |
| Weight Class                 | Name              | SQUAT Kilos | SQUAT lbs. | Date      | Name              | Bench Kilos | Press lbs. | Date      | Name              | Dead Kilos | Lift lbs. | Date      | Name              | Combined Kilos | Total lbs. | Date      |
| <u>Submstr Women (35-39)</u> | <u>Lifetime</u>   |             |            |           | <u>Lifetime</u>   |             |            |           | <u>Lifetime</u>   |            |           |           | <u>Lifetime</u>   |                |            |           |















